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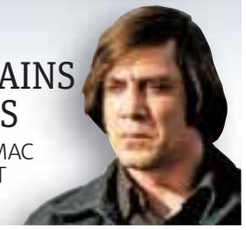

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Saskatchewan Sen. Pamela Wallin is escorted into the building as she arrives at Parliament Hill in Ottawa on Tuesday. Wallin and former Conservative caucus colleagues Mike Duffy and Patrick Brazeau face the prospect of suspension without pay over their allegedly improper living and travel expense claims. SEAN KILPATRICK/THE CANADIAN PRESS

Wallin fights for Senate seat

An upper house divided. Debate begins on proposal to suspend three senators over expense scandal

The Harper government defended its bid to suspend three senators over their allegedly improper expense claims Tuesday in the face of mounting resistance from some of its own Conservative caucus members.

Sen. Claude Carignan, government leader in the Senate, formally moved that former Conservative colleagues Pamela Wallin, Mike Duffy and Patrick Brazeau be suspended, without pay, for "gross negligence" in their management of Senate resources.

A number of Conservative and Liberal senators complained that the move amounts to finding the trio, who are under RCMP investigation, guilty before they've been charged or convicted of any crime.

Wallin and Duffy have threatened to challenge the move in court and Brazeau is asking for a public hearing into his expenses. All three showed up in the chamber Tuesday, listening from the back row as colleagues debated their fate.

Citing numerous court rulings in the past, Carignan maintained the Senate has the exclusive power to govern its own internal affairs and to impose sanctions on those who break its rules.

Proceed with caution

"With great power comes great responsibility and we must move, I think, with every degree of natural justice and fairness."

Sen. Elaine McCoy, who sits as a Progressive Conservative, sounding a cautionary note on Senate's power to suspend transgressors.

The Senate has already concluded that Duffy and Brazeau broke the rules for claiming housing allowances and living expenses and that Wallin broke the rules for claiming travel expenses, he noted. And he said all three have recognized their transgressions by agreeing to reimburse the chamber.

The violations "occurred in such a manner and with such frequency that it constitutes wilful contempt to our institution," Carignan said.

Liberal Sen. David Smith questioned whether Carignan had obtained a legal opinion as to whether suspension of the three violates the Charter of Rights and Freedoms, which guarantees due process and the right to be presumed innocent until proven guilty.

Carignan maintained the charter only applies to those facing criminal charges and, in any event, said the Senate's constitutional power to discipline its members is "just as strong" as the charter guarantee.

A vote on the suspension motions was not expected until Wednesday at the earliest. Carignan earlier said that Conservative senators would be allowed to vote as they see fit.

THE CANADIAN PRESS

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Red Earth First Nation

Driver sought in hit-and-run that killed teen girl

A 13-year-old girl is dead after a hit-and-run at a Saskatchewan First Nation, and RCMP are asking for the public's help in finding the driver.

The girl was apparently hit from behind at Red Earth First Nation on Monday shortly after 9:30 p.m. while walking south on a main road into the reserve about 70 kilometres east of Nipawin, police said.

RCMP are asking anyone with information on the collision to contact them at their Carrot River detachment at 306-768-1200, or to call a local police service. Information can also be given to Crime Stoppers at 1-800-222-8477.

METRO

Projection

Saskatchewan workers looking at biggest pay raises

The Conference Board of Canada says workers in Alberta and Saskatchewan will fare the best with wage increases next year largely due to a shortage of qualified employees in the energy sector.

Conference board vice-president Ian Cullwick says frenzied resource development and a shortage of trained workers means that Alberta and Saskatchewan will lead the way next year with average wage increases of 3.7 per cent.

At the bottom of the scale are Atlantic Canada at 2.5 per cent and Ontario at 2.6 per cent.

THE CANADIAN PRESS

Legislature

Education among top fall priorities

Growth, education and long-term care are expected to top the agenda during the fall sitting of the Saskatchewan legislature. For one thing, the premier said the government will focus on getting "more schools, more quickly."

THE CANADIAN PRESS

Province takes P3 approach to construct new schools

Much-needed facilities. Partnership with private sector will save millions of dollars, premier says

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Emilee Rempel, an 11-year-old student at Dundonald School in Saskatoon, chats with Education Minister Don Morgan and Premier Brad Wall at Tuesday's announcement of nine new shared schools. MORGAN MODJESKI/METRO

Saskatchewan is taking a cue from its western neighbour as the province announced on Tuesday that it will build nine joint-use schools using a public-private partnership.

Premier Brad Wall said at Saskatoon's Dundonald School that the P3 model, used to construct about 40 schools in Alberta, will save the province approximately $30 million.

"It's a brand-new approach," Wall said.

"Not new to the world, not new to Canada, but new to the province."

Through a traditional bid-build model, Wall said, the project would cost about $450 million and take much longer, and educators "have an urgent need now," he said.

With shared gymnasiums and some other facilities, the nine buildings will actually comprise 18 schools in total between Catholic and public divisions. Four of the sites will be in Saskatoon, while three are slated for Regina, with one each in Martensville and Warman.

The opposition New Democrats, however, said the P3 approach is a bad idea because such projects "sacrifice control" to the private sector and can be held up by contract negotiations.

"Saskatchewan families need new schools today — let's get those schools built cost effectively and quickly by planning to finance, own and operate them ourselves," NDP education critic Trent Wotherspoon said in a statement.

"This government needs to get some shovels in the ground."

But Diane Boyko, chairwoman of Greater Saskatoon Catholic Schools, said she's "quite excited" about the prospect of more space for that division and the approximately 1,800 additional students it's attracted in the past five years.

Katherine Gagne, chairwoman of the Regina Public School Board, said that the project will relieve the "significant pressure" felt by public and Catholic divisions.

"For both teachers and students," Gagne said, "there will be a sigh of relief saying, 'Hope is coming.'"

Wall said he expects construction to begin within the next 18 to 20 months.

It's that time of year — get your flu shot

Shovita Padhi, deputy medical health officer with the SHR, gets her flu shot on Tuesday. MORGAN MODJESKI/METRO

The Saskatoon Health Region (SHR) is encouraging residents to head to Prairieland Park over the next three days for their flu shot.

Last year the region immunized 13,150 people at Prairieland Park alone and they're hoping to see that number climb in 2013, noting a flu shot is the best protection from influenza.

"After having experienced (H1N1) I would not wish that on anyone else," Shovita Padhi, deputy medical health officer with the SHR, said Tuesday, drawing from her own influenza experience in 2009. "It's the sickest I've ever been.

"I was confined to my bed, I could not go to work, I could not even go outside for a walk. I was so sick and I was a young, healthy individual," she said.

While the SHR is stressing that young children and seniors over 65 get immunized, Padhi said it's important for everyone to get the shot.

"There's a lot of vulnerable people in our community," she said. "If we are going to socialize and interact with these individuals, it's important that we keep ourselves healthy so we don't spread the infection onto them."

Padhi noted influenza can result in severe illness and even death for seniors and young children.

Flu vaccines distributed by SHR offer protection against three strains of flu: H1N1, H3N2 and B/Massachusetts, a newer variety targeted by the World Health Organization.

Dan Tooth, a Saskatoon resident who received his flu shot on Tuesday, said he can't understand why people don't get immunized.

"It's very simple," Tooth said shortly after getting the vaccination. "Show up, (give) a few moments of your time and away you go — you can't beat that."

For more information about the SHR's immunization clinics, running until mid-December, visit 4flu.ca.

MORGAN MODJESKI/METRO

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Graphic content. Facebook works to warn users after beheading-video outcry

Facebook announced Tuesday it was working on new ways to keep users from stumbling across gruesome content on its website following an outcry over the discovery of beheading videos there.

Facing sharp criticism, Facebook issued a statement clarifying that violent videos were only allowed if they were presented as news or held up as atrocities to be condemned.

"If they were being celebrated, or the actions in them encouraged, our approach would be different," the company said in a statement. "However, since some people object to graphic video of this nature, we are working to give people additional control over the content they see. This may include warning them in advance that the image they are about to see contains graphic content."

Violent news content poses particularly thorny questions for a website that allows children as young as 13 to join, but one free speech group said the fact that content is hard to watch doesn't mean it should be hidden. THE ASSOCIATED PRESS

Civil liberties

B.C. group says government agency is spying on Canadians

A British Columbia civil liberties group is suing a federal government agency over allegations it has spied on Canadian citizens.

The B.C. Civil Liberties Association says the Communications Security Establishment Canada has violated charter rights by intercepting private communications online and over the telephone.

THE CANADIAN PRESS

Fires tear through Australia; residents preparing for more

Adam Schweinsberg tries to clean his swimming pool in Winmalee, 65 kilometres from Sydney, Australia, Tuesday, after a wildfire swept through the street, burning his home and several others on Friday. Wildfires have destroyed more than 200 properties, including 122 homes, and authorities are asking people to prepare for worse conditions Wednesday. ROB GRIFFITH/THE ASSOCIATED PRESS

Seattle. Sex offender who fled Canada may have assaulted 16-year-old boy

Authorities say they believe a sex offender who fled Canada may be the suspect in the sexual assault of a 16-year-old boy.

In a news release Tuesday, Seattle police said they were told that Michael Stanley met the teen at a grocery store and walked with him to an alley.

"Stanley plied the teen with alcohol, grabbed the teen and sexually assaulted him," police alleged.

"The 16-year-old pulled a knife on Stanley and was able to run to another location and contact police." Soon after, police received reports of a man yelling in an alley.

"When police arrived at the scene, they found Stanley, who became combative with officers and claimed he had a knife."

Police said officers found a small knife on Stanley, who appeared to be drunk. They arrested him for harassment and later learned about the alleged sex assault. They expected to re-book Stanley on additional charges.

THE CANADIAN PRESS

Texas

Coach accused of bullying after lopsided victory

A parent at a Texas high school that lost a football game 91-0 has filed a bullying complaint against the winning coach.

The Fort Worth Star-Telegram reports that Aledo High School coach Tim Buchanan learned of the online complaint against him Saturday, the day after his team beat Western Hills in a matchup. State law requires Aledo's principal to investigate the complaint and prepare a report.

THE ASSOCIATED PRESS

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Apple ups ante to get your spending dollar

The tech giant is refreshing its iPad lineup and slashing the price of its Mac computers ahead of the holiday shopping season

iPad Air sheds 0.4 pounds

A thinner, lighter iPad Air will go on sale Nov. 1 and start at $499.

It weighs just 1 pound, compared with 1.4 pounds for the previous version. Apple marketing chief Phil Schiller called the tablet a "screaming fast iPad." He said it is eight times faster than the iPad that came out in 2010.

MacBook prices drop, but will still cost a pretty penny

A new, 13-inch MacBook Pro with Retina display is thinner and lighter, Apple marketing chief Phil Schiller said, with up to nine hours of battery life — enough to watch the entire trilogy of The Dark Knight on one charge.

The notebook's new price is also tlower: $1,299, compared with $1,499.

Mavericks OS focuses on apps

Apple's latest computer operating system, Mavericks, is available free of charge. New features will allow users to respond to notifications from other apps without leaving the app they are using, and will come with new maps and iBooks apps.

Popular. Metro being read by 1.7M Canadians from coast-to-coast daily

The numbers are in — Canadians love their Metro.

According to results released Tuesday by the Newspaper Audience Databank (NADbank), 1.7 million Canadians from Halifax to Vancouver reach for a Metro newspaper every morning to find out what happened in their communities and around the globe while they slept, an increase of seven per cent over last year.

Every week, 4.1 million Canadians turn to their Metro for the latest news from home and abroad, an increase of 11 per cent.

And that's only part of the story.

Metro Canada's total brand footprint — print, digital paper, website and news app — has reached a record 1.75 million daily readers and 4.3 million weekly readers.

Metro publishes in 11 markets — Halifax, Montreal, Ottawa, Toronto, London, Ont., Winnipeg, Saskatoon, Regina, Calgary, Edmonton and Vancouver.

"Metro has established itself as a leading brand that Canadians turn to for news and information," says Bill McDonald, President of Metro English Canada.

"This is clearly demonstrated by the growing number of readers who are consuming our content on all its platforms. This growth is happening across the country, including long-established markets such as Toronto, as well as in newer markets like London, Ont., and Winnipeg.

"Our readers — active metropolitans — turn to us for an exclusive Freemium experience — premium news, information and entertainment, delivered free — from the paper, the app, and online. Our readers have spoken — and told us we're delivering on their high expectations." METRO

Market Minute

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Orwellian overtones

Bell customers to be tracked via web, TV, phones

Bell will soon start tracking how its customers use the web and their mobile devices, what they watch on TV, and when they make phone calls.

Bell will begin collecting customer data on Nov. 16. Bell says the data will be used for improving network performance, creating marketing reports and selling targeted ads on mobile devices.

THE CANADIAN PRESS

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IT'S GHOULS GONE WILD

JUST SAYIN'

Paul Sullivan
metronews.ca

Let's get nasty.

As in zombies, vampires, ghosts, goblins, warlocks, witches, Kim Kardashian and Miley Cyrus.

Yes, it's that most politically incorrect time of year: Halloween.

Proof that Halloween is not good-for-you-like-tofu is easy to come by:

1. The Miley Cyrus twerking outfit from the MTV video awards is the hottest selling Halloween costume of the year (according to the costume chain Spirit Halloween).

2. School principals across North America keep trying to ban Halloween because it's: not safe, religiously objectionable, racist, sexist and it rots your teeth.

3. It's big business. Halloween spending in the U.S. will reach $6.9 billion this year, according to the National Retail Federation. Scary!

Still, Halloween in all its gory manages to survive intact. People simply like to pretend they're bad. They dress up like celebrities (Miley, Kim Kardashian), comic book heroes (Wolverine, Iron Man), cartoons (the Minions from Despicable Me), newsmakers (Osama bin Laden) and sex symbols (Marilyn Monroe, Osama bin Laden).

Whoa? Osama Bin Laden is a sex symbol?

Believe it or not, you can buy a sexy Osama costume online, along with a sexy Hazmat suit from Breaking Bad, a sexy pizza costume and a sexy Barney the Dinosaur costume.

There's no doubt, according to various Halloweenologists, that, zombies and wolverines aside, sexy is the No. 1 trend for Trick or Treat 2013. And if you think the Miley Cyrus twerking costume is in bad taste, how about "Naughty Leopard" for two-year-old girls? The costume looks innocuous enough, if you think black lace on your two-year-old is innocuous; but what's with the "Naughty Leopard" label? The costume bears no resemblance to a leopard, naughty or otherwise. It's wrong on so many levels.

Every year, a Naughty Leopard or some other new wretched Halloween excess is revealed by an eager media. That's the point. Halloween is rude, offensive and over the top. It's also a lot of fun.

I can hear the killjoys now. Yeah, it's fun until someone gets hurt. And every year, someone gets hurt, at least psychologically. I'll never forget the year my six-year-old son decided he'd dress up as a three-headed zombie. Once the costume and makeup were complete, he took one look in the mirror and burst into tears. He spent the rest of the evening dialled down as a "snasty pirate."

But the effort to clean up Halloween is just as scary as the offending festival itself. The vast majority of Halloween hijinks are harmless and delightful, so the trick is to take a deep breath and the treat is a big bag of candy. That will rot your teeth for sure.

That evil, cackling sound is not Osama bin Laden or Miley Cyrus.

It's your dentist.

ZOOM

Look-alikes demand a double take

ALISON JACKSON/REX FEATURES

Fake royal family enjoys bath time

Just before little Prince George's christening, the Duke and Duchess of Cambridge appear to enjoy bonding time with their new arrival.

In this intimate photo, William and Kate are bathing their baby, but on closer inspection, they are all look-alikes. This amusing image was taken by photographer Alison Jackson. **METRO**

From behind the lens

"I want my photos to burst a bubble constructed within the media that celebrities don't lead normal private lives. I want to show that they actually do." Alison Jackson, photographer

Don't believe everything you see

While many see their comical value, Jackson's view of her images has more serious overtones. "Jackson raises questions about whether we can believe what we see when we live in a mediated world of screens, imagery and Internet," her bio reads. "She comments on the power and seductive nature of imagery, and on our need to believe." **METRO**

Number of duplicates

5

is the number of look-alikes Jackson has at her service for Kate, the Duchess of Cambridge.

"I have one in particular who is a dead ringer — she's identical in photographs taken from all angles," Jackson said. The next impersonator Jackson is hunting for is of U.S. actor-pop star Miley Cyrus. "If you do know someone, I would be very grateful if you could contact me!" she appealed to Metro.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Carcasses belonging to a huge deep-sea dweller — "oarfish" to modern know-it-alls, "sea serpents" to yesteryear sailors — have been drawing the curious since appearing in California last week. That's a sadly prohibitive distance for Canadian bizarre-creature enthusiasts. Happily, these blogs are more accessible.

An oarfish that washed up on the beach in California. THE ASSOCIATED PRESS

Real Monstrosities:

It's immediately clear the curators of this blog are more into weird critters than they are web design, but that's quickly forgiven amid videos of creepy crawlies like wrap-around spiders and the badger bat, which is actually pretty cute. (realmonstrosities.com)

The Artful Amoeba:

A corner of Scientific American dedicated to the tiny (plankton), the mind-bending (deep-sea oddities) and the unfairly overlooked (um, horse-dung fungus). The updates can be few, but there's a lot of surprising life there to catch up on. (scientificamerican.com)

Living Alongside Wildlife:

Dedicated to the sometimes dangerous animals that share the spaces we live in and busting the myths that surround them. However, the real stars of the show here are the rich answers to "what the heck is this thing in my house?" emails from readers. (livingalongsidewildlife.com)

Twitter

@metropicks asked: A surfer fended off a shark by punching it. What would be your first instinct on seeing a shark?

@crazycoach21: First Thought? Sorry Mom, clean underwear isn't in the cards today!

@Cazzy: Flee from the incoming tornado.

@twotalkingdogs: First instinct: swim away fast...very fast.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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SCENE

Cormac who? Hollywood brings a literary heavyweight to the masses

McCarthy movies.
Author's memorably dark characters come to life with this year's releases of Child of God and The Counselor

IN FOCUS
Richard Crouse
scene@metronews.ca

Cormac McCarthy wrote the screenplay for The Counselor, which stars Brad Pitt and Michael Fassbender. CONTRIBUTED

Javier Bardem played a murderer in No Country for Old Men. CONTRIBUTED

Cormac McCarthy may not be a household name around your place, unless you live with the Coen Brothers or maybe with the Pitts.

Literary critic Harold Bloom called the writer one of the four major American novellists of his time, and he has two all-star movies set for release, which may make his name a little more commonplace.

Later in 2013 James Franco directs, scripts and stars in Child of God, an adaptation of McCarthy's 1973 novel about "a dispossessed, violent man whose life is a disastrous attempt to exist outside the social order."

This weekend a star-studded cast lead by Brad Pitt, Cameron Diaz and Michael Fassbender headline The Counselor, directed by Ridley Scott.

Producer Steve Schwartz says the story of a lawyer in over his head after dipping his toe into the drug trade "may be one of McCarthy's most disturbing and powerful works."

And that's saying something about the writer who gave us a character like No Country for Old Men's killing machine Anton Chigurh. Empireonline.com warned that when McCarthy throws "a dark character at you, it's a safe assumption that you're not going to be able to get them out of your head for a good, long while — if ever."

As written by McCarthy and played by Javier Bardem, who earned an Academy Award for best supporting actor for the part, Chigurh is merciless, a murderer who makes life and death decisions with the flip of a coin.

The Road, a 2007 Pulitzer Prize winner for fiction, is another disturbing McCarthy novel adapted for the big screen.

The story is simple. A man and his son (Viggo Mortenson and Kodi Smit-McPhee) try to survive in a dystopian world. Armed with only a gun and two bullets, they must scavenge for food amid the ruins and protect themselves from cannibals who roam the desolate land.

The Road is a movie based on small moments set against a big backdrop. No parent will be able to forget the stark image of seeing a young boy who doesn't know what a can of Coke is or a father teaching his son how to commit suicide.

It's tough, no-nonsense work from a writer who says he's "not that big a fan of exotic foreign films," especially movies with magical realism. "You know, it's hard enough to get people to believe what you're telling them without making it impossible," he says. "It has to be vaguely plausible."

Redford goes it alone in All is Lost

How did director J.C. Chandor convince screen legend Robert Redford to drop everything and star in a one-man movie?

"He has a good ego on him, so he loved it," says Chandor. "Just kidding. Actually he does have an ego, but he knows it, which is partially what makes him great."

In All is Lost Redford plays a character called "our man," a sailor on a solo yacht trip on the Indian Ocean. When his 30-foot boat collides with an abandoned shipping container he must use all his resources to survive.

The actor is alone on camera for the entire film, battling the elements and facing his fate.

"I think he realized it was a wonderful time in his life to get rid of all the distractions," says Chandor. "He has an unbelievably complicated and interesting life with Sundance, the Sundance Institute, his non-profit work and directing.

"His life is a bit of a race but he came to Mexico for two-and-a-half months (to shoot the film). His personal secretary was the only one who knew how to get in touch with him so all that other stuff faded away and for a two-and-a-half month period we went on this very intense journey.

"By the end of it we had gone someplace together, as a crew, an actor and a director. He really loved exposing himself both emotionally and as a performer more than he ever had."

Critical reaction has been strong and Redford's name is being tossed around as a shoo-in for a best actor Oscar nomination.

"He was able to do these very complex emotional transitions but you don't just see the shift (as a viewer) you actually feel like you've been on a little bit of the journey with him."

Silence is golden

"I think he realized it was a wonderful time in his life to get rid of all the distractions."
Director J.C. Chandor

It is a raw, emotional performance unlike anything Redford has done before on screen. In his virtually wordless performance the actor becomes a blank canvas that viewers may project their own notions of the meaning of life, death and everything in between.

"If the film is working for you you'll see the man go, 'Don't freak out, pull yourself together,'" says Chandor. "(Redford) and I talked a lot about that. We are not people that have that kind of dialogue out loud so we internalized it.

Robert Redford gives a virtually wordless performance in All is Lost. CONTRIBUTED

"Our hope was that by internalizing it we would create a far more open book for the audience to bring their own hopes and fears to it. What you're dealing with is one person coming to grips with death, alone."

RICHARD CROUSE/FOR METRO NEWS

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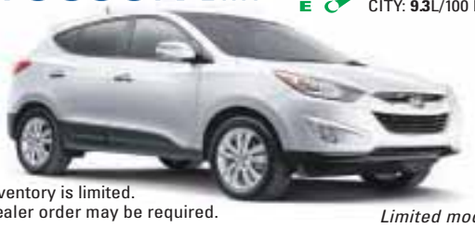

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Catherine Zeta-Jones and Michael Douglas

It's not over till it's over, or something like that

Michael Douglas and Catherine Zeta-Jones may still be separated, but Douglas is optimistic about how things will turn out between them. "I've been away for a while, but everything should hopefully be on the up and up," he tells Jay Leno during an interview. "Sometimes people take a little bit of a break, but it doesn't necessarily mean that's the end. I'm very hopeful."

The Word

Kimye is officially official

THE WORD
Dorothy Robinson
scene@metronews.ca

OH MA GAH. Kim and Kanye are officially engaged!

The engagement was done in their typical low-key style, which meant, for Kanye, renting out AT&T Park in San Francisco for their friends and family and pleading "PLEEEASE MARRY MEEEEE!!!!" on the Jumbotron while a 50-piece orchestra played Lana Del Rey's Young and Beautiful, followed by Keri Hilson, Ne-Yo and Kanye's Knock You Down.

Fireworks and Roman candles were also deployed. And then Stephen Hawking wheeled in to present the ring (just kidding on that last part but honestly, would you even be surprised?).

Just in case you were curious, she agreed to the engagement (her third, for those keeping track at home). Kardashian Instagrammed a picture of her 15-carat Lorraine Schwartz stunner with the caption, "Yes."

You know, let's be happy for them. Maybe they will have a long marriage until one of them finally passes away from too much flash exposure.

They'll pop out some more geographically named children. Kanye will continue on with his leather sweatpant ways while Kim will continue to dress like something out of a couture Century 21. They could be our Paul Newman and Joanne Woodward!

Renee Zellweger. ALL PHOTOS GETTY IMAGES

Renee might not pop out a litter, but she still wants to be a mom

Renee Zellweger is reportedly "desperate" to get into the motherhood game and is looking to start a family with her guitarist boyfriend, Doyle Bramhall, according to Radar Online.

"She's considering adopting," a source says. "She knows that she probably missed the boat on carrying and giving birth to a child. She gets down about not having a family yet. She really thought that she'd be married and raising kids out in the Connecticut countryside by now." Still, the Bridget Jones star is staying positive, the source adds: "Renee tries to find the positive side of things. She knows 44 isn't too old to be a mom. It will just have to happen a little differently than she always imagined it would."

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The home of SeaWorld and a world-famous zoo offers plenty of cash-burning attractions, but San Diego also has awe-inspiring sites that are as free as the sea breeze and go beyond just sunbathing at the beach. You'll soon see this city has matured from its Fast Times at Ridgemont High surf days.

STORY AND PHOTOS: THE ASSOCIATED PRESS

5 Free things to see in San Diego

Balboa Park

Balboa Park will be marking its 100th anniversary in 2015, although any day is worth a visit to the 485-hectare urban oasis that rivals New York's Central Park and is home to the San Diego Zoo. Balboa Park offers hikes through palm-lined canyons and gardens. At the park's centre are a cluster of museums whose Spanish-Renaissance style buildings were erected in 1915 for a world fair to mark the opening of the Panama Canal.

University of California San Diego

On a mesa above the Pacific, the setting alone is reason to visit the UC San Diego campus. The university's grounds are also dotted by 18 internationally acclaimed art pieces. The most recent installation is Fallen Star by Korean artist Do Ho Suh. The quaint one-room cottage hangs precariously off the seventh storey of the engineering school.

The Salk Institute

Just west of the UC San Diego campus is The Salk Institute for Biological Studies, which offers free guided tours Monday to Friday. Established in the 1960s by Dr. Jonas Salk, who developed the polio vaccine, the research facility was designed by architect Louis I. Kahn. Salk wanted laboratory spaces that could be adapted to the future needs of science. Kahn designed two, six-storey buildings and used concrete, teak, lead, glass and special steel.

Border Field State Park

San Diego is a border city but it often does not feel like one despite the fact its centre is less than a 20-minute drive to Mexico. The best way to see the border without crossing it is at Border Field State Park, which is at the farthest southwest corner of the United States. The park is free for those who hike in from the parking lot before the main gate. It's about 2.4 kilometres to the picnic area, where visitors can see the towering steel fence marking the border, which plunges into the Pacific.

Torrey Pines Glider Port

For spectacular sky gazing, head to Torrey Pines Glider Port, a city-owned, private-use glider airport where paragliders and hang gliders jump off the wind-swept bluffs and silently float over the ocean. During the Second World War, U.S. Army cadets trained at the site, which is listed as a National Landmark of Soaring. Today there are picnic tables. The glider port offers lessons and equipment rental, and sandwiches at the Cliff Hanger Cafe.

Rewards programs

Cutting through the card confusion

ON THE MOVE
Loren Christie
life@metronews.ca

With more than 75 travel reward cards — each with nuanced offerings — saturating the Canadian marketplace, it is hardly surprising that consumers feel confused and frustrated. Take for example, the CIBC Aerogold credit card. Over the last several months, there have been numerous advertisements and direct mail pieces announcing the changes coming with the credit card and the Aeroplan program in general. As of Jan. 1, 2014 the current CIBC Aerogold will cease to exist. Both CIBC and TD banks will be offering new co-branded credit cards, the Aeroplan program will offer a new tiered recognition program called Distinction that rewards top accumulating members across all coalition partners (not just travel related ones) and new and improved flight rewards will be implemented. The changes do not correlate with Air Canada's Altitude program, which rewards frequent fliers with upgrades, lounge passes and express lines at the airport. These are all potentially good changes, but a lot to digest. RewardsCanada.ca produces a fantastic annual report that rates reward cards based on several criteria, including ease of redemption, partnerships, benefits and annual fees. They also look at the reach of the various travel partners, such as the number of cities a partner airline may fly into. Their winner for this year's top travel credit card with an annual fee was the Capital One Aspire Travel World MasterCard.

B.E.A.T it, just B.E.A.T it — in a pocket

B.E.A.T. in a Pocket

This recipe makes four servings. CONTRIBUTED

Bacon, eggs, avocado and tomato combine so you can serve a healthy meal everyone will enjoy and beat the time crunch on any busy day.

Your kids may like plain eggs, but it's easy to add an adult twist by stuffing your pita with bold, flavourful ingredients.

1. Warm bacon in non-stick skillet over medium heat.

2. In a small bowl, whisk eggs and pepper; pour into skillet. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until eggs are thickened and no visible liquid egg remains.

3. Cut pitas in half; open halves and place tomato slices inside. Spoon in scrambled eggs and avocado.

Variations

Cheese B.E.A.T.
Instead of bacon, use 60 g (2 oz) sliced brie or shredded cheddar or mozzarella.

Veggie B.E.A.T
Instead of avocado and tomato, add texture by using one small chopped sweet red or green pepper and one grated carrot.

B.E.A.T. in a Tortilla
Instead of pita bread, use whole-wheat tortillas. Roll up scrambled eggs, tomatoes and avocado inside tortilla.

THE CANADIAN PRESS/ EGG FARMERS OF CANADA

Ingredients

Preparation time: 8 minutes
Cooking time: 5 minutes

- 2 slices reduced-salt bacon, cooked and chopped
- 4 eggs
- 0.5 ml (1/8 tsp) pepper
- 2 whole-wheat pita pockets
- 1 tomato, sliced
- 1/2 avocado, diced

Drink of the Week

Skinny Banana Berry Smoothie

- 1 cup (250 ml) strawberries
- 1 cup (250 ml) blueberries
- 1 banana
- 1 cup (250 ml) fat-free plain yogurt
- 1 cup (250 ml) orange juice
- 1 cup (250 ml) ice
- 1 tbsp (15 ml) + 1/2 tsp (2 1/2 ml) Truvia sweetener spoonable

Add all ingredients to blender.

Blend on high until smooth.

NEWS CANADA

Another thumbs down? Do not frown!

We aren't buying what you're selling. Five ways things can go your way at your sales job, even after hearing a 'nay'

MEGHAN GREAVES
TalentEgg.ca

When I started my summer co-op in sales, I was filled with nerves.

I was excited to be working one-on-one with clients, but I was also terrified that I would disappoint my employer.

One of the most valuable things I learned from my job in sales is that a sales role can often mean experiencing satisfaction and disappointment in very close proximity. This can be very hard as a new hire without much experience, as you may feel like your failures outweigh your successes.

If you're starting a job in sales, these five tips will help you deal with hearing "no" in a constructive manner!

Have losses taken the wind out of your sales? Keep your chin up and remember that refusals are a part of any workplace. ISTOCK

Treat each "no" separately

When I started my co-op, there were days when all I heard was "no" for the entire morning. I got discouraged easily, so every opportunity that followed a "no" was affected by my deflated attitude.

When starting your sales job, don't let one "no" have a negative impact on the rest of your day. This will lead to you having write-off days, which can hold you back from reaching your full potential.

Remember that "no" is part of the job

You'd love to come away from every opportunity having exceeded expectations, but that just isn't possible in reality.

In any career, you'll need to deal with disappointment and negative outcomes. Keep in mind that everyone goes through these experiences regardless of experience, technique or client base.

Hearing "no" is just a part of sales — use it as an opportunity to rework your strategy and reevaluate your approach with that prospective client.

Keep your confidence up

It might sound cliché, but don't get down on yourself.

A lack of confidence will be reflected in how you come across during a sale. Even if you haven't had the best day for sales, it's important to always treat every sale as if it were your first.

So buck up, choose a smile and push past the negative!

Know your exit cues

A sales skill that no one wants to use — but which everyone needs — is knowing when a sales opportunity isn't going to end successfully.

- Sometimes a client simply isn't interested. This is okay! It's important to know when to let a sale go to avoid upsetting the customer.

Ask your manager for tips

It's important to recognize opportunities for growth as they arise, so don't be afraid to ask for tips and technique advice from your manager.

During the first week of my co-op I asked my manager if he would be willing to spend some time helping me evaluate my sales strategy and communication skills. Before I knew it, I consistently had the highest sales in my region!

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4 SPORTS

Hobbled Hall

Oilers star out four weeks with knee injury

Edmonton Oilers forward Taylor Hall is expected to miss four weeks of action after suffering a left-knee injury in a game last Saturday.

General manager Craig MacTavish confirmed the injury timeline Tuesday morning through a post on the team's Twitter feed.

Hall, the first overall pick in the 2010 NHL Entry Draft, has three goals and five assists in nine games this season. He was hurt on an innocent-looking play in Edmonton's 3-1 win at Ottawa.

Hall was just inside the Senators' blue-line when he turned and hobbled to the bench. He left following the game with his knee in a brace but without the use of crutches. THE CANADIAN PRESS

Leafs finish strong

Kessel nets hat trick to cook Ducks

Phil Kessel scored three goals as the Toronto Maple Leafs recovered from a poor start to defeat Anaheim 4-2 Tuesday, denying the Ducks a club-record eighth straight win.

It was a Jekyll and Hyde performance for the Leafs, who were booed off the ice after a woeful first period that saw them outplayed, outshot 6-2 and outscored 1-0. Kessel struck twice in the second period as Toronto scored four unanswered goals to climb out of a 2-0 deficit.

Captain Dion Phaneuf also scored for the Leafs (7-3-0). THE CANADIAN PRESS

Trevor Rosenthal poses for a picture taken by Cardinals teammate Matt Carpenter on Tuesday in Boston. The Red Sox host the Cardinals in Game 1 of the World Series on Wednesday. ROB CARR/GETTY IMAGES

Unfamiliar faces find way to Fenway

World Series.
Cardinals aiming for third championship in eight seasons, Red Sox aim for their third in last decade

Lance Lynn squeezed through a door leading into the Green Monster, shimmied along a cramped space behind the famed left-field wall and peered out a tiny metal slot in the Fenway Park scoreboard.

"A little snug for me," the burly St. Louis pitcher said.

Plenty of Cardinals got their first look at the century-old ballpark during a workout Tuesday, a day before they opened the World Series against the Red Sox.

Hardly the first time we've seen these rivals together, however. Now, they're set to meet for the fourth time in "that Octobery kind of air," as Cardinals Game 1 starter Adam Wainwright described it.

Jon Lester will oppose him Wednesday night, facing a lineup that got a late boost. Allen Craig, who hit a major league-leading .454 with runners in scoring position but hasn't played since Sept. 4 because of a sprained foot, is set to return.

David Ortiz, Dustin Pedroia and many of their scraggly Boston teammates figure to get a good look at the Cardinals' crop of young arms, led by post-season ace Michael Wacha and relievers Trevor Rosenthal, Carlos Martinez and Kevin Siegrist.

Ortiz is the link to the Red Sox team that swept St. Louis in the 2004 Series — Boston never trailed at any point — and ended an 86-year championship drought.

The clubs haven't met in the regular season since 2008.

"It will be exciting to see some unfamiliar faces," Red Sox centre-fielder Jacoby Ellsbury said.

The Red Sox are trying to win their third crown in 10 years. St. Louis is aiming to take its second title in three years and third in eight seasons.

"Some of us have some pretty bad memories of being here in 2004, and we're looking to kind of right that ship," St. Louis manager Mike Matheny said. THE ASSOCIATED PRESS

Kory Sheets rushed for 148 yards against the Lions in a 35-14 Riders win on Saturday. LIAM RICHARDS/THE CANADIAN PRESS

Sheets named week's top offensive player

Kory Sheets, who ran for 148 yards and a touchdown to lead the Saskatchewan Roughriders past the B.C. Lions 35-14, was named the CFL's offensive player of the week Tuesday.

Sheets recorded his ninth 100-yard rushing performance of the season to tie the Riders' club record. He has been named the league's offensive player of the week three times this year.

Montreal Alouettes linebacker Chip Cox is the top defensive player. Cox had six tackles, another tackle on special teams, and two sacks in a 36-5 win over Hamilton.

Calgary running back Jon Cornish was named the top Canadian for the third straight week and sixth time this season. He ran for 145 yards on 19 carries in a 27-13 win over Edmonton.

Cornish leads the CFL in rushing with 1,690 yards.

Montreal kick-returner Bo Bowling is the top special-teams player. Bowling registered 118 yards on five punt returns in the Alouettes' victory over Hamilton and also had two catches for 23 yards. THE CANADIAN PRESS

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Welcome to the land of the rising sports car price

Autopilot. Following the landmark $1.2m sale of a Japanese model the cost of them will now only shoot upward

AUTO PILOT
Mike Goetz
drive@metronews.ca

The Toyota 2000GT, one of which sold for more than $1 million recently at an RM auction in Texas. TOYOTA

Not that long ago the only Japanese car you'd likely see at an upper-crusty classic car gathering was maybe the 2001 Camry station wagon belonging to the caterer. Now, vintage Japanese sports cars are suddenly highly sought after and hot.

This spring, at a RM Auctions in Texas, a 1967 Toyota 2000GT traded hands for $1,155,000 — the highest price ever paid at auction for a Japanese production car.

That result definitely got the notice of the collector car market, says RM Auctions' Don Rose, who specializes in Aston Martin and other European sports and GT cars produced between 1945 and 1985, but he is also deeply interested in the potential of Japanese machinery.

"I think it's an important part of the collector market," says Rose. He notes that while many in the collector car market harboured a stigma about Japanese vintage vehicles, he was never among them. "I am very bullish on the future of these Japanese cars."

After the 1967 Toyota 2000GT, of which only 351 were made, the most sought after Japanese collectible is the 1967 to 1968 Mazda Cosmo Sport, the world's first sports car powered by a rotary engine. It just so happens, Rose owns an example of both the 2000GT and the Cosmo Sport. The Mazda was never imported to North America. He figures there might only be 10 or so currently in North America. Mazda Canada has one, and so does Jay Leno.

"Beyond those two, you sort of pull yourself into another generation of vehicles," says Rose. Spearheading the generation is the Nissan Skyline GT-R (1969-73, 1989-2002), made famous by film and video game appearances, drifting fame and being the subject of all-out lust by youngsters who had posters of the GT-R on their bedroom walls when they were growing up.

A Skyline GT-R is a perfect example of a "JDM vehicle," one built (virtually) exclusively for the Japanese Domestic Market. "There are a whole lot of hot-rod JDM cars out there that are very interesting," says Rose. "(They are) well engineered, quick, fun to drive, and well made."

But the trick might be getting your hands on a prized JDM vehicle. "The Japanese tend to hold them very closely," says Rose. "It's almost like not wanting local treasures to go abroad." The collecting of "JDM vehicles" is in a nascent stage here in North America, reckons Rose. It certainly hasn't reached the "RM Auctions level," which revolves around top-rank collectible vehicles. But he figures it could reach that prime level in five years or so, citing the generation X demographic at play here.

"It's the guys who might be 35 to 40 now, and reaching a point in their careers where they might have some spare change to buy these cars — cars they coveted when they were kids." Isn't that just the way it always happens? Kid puts poster of car on wall, man he becomes buys the car on the poster in mid-life after he finally got some bucks to throw around. There must be a better way.

Top Japanese Collectibles

- **1)** 1967 Toyota 2000GT $1M (more or less)
- **2)** 1967-68 Mazda Cosmo Sport $75,000 to $125,000
- **3)** 1969-73 & 1989-2002 Nissan Skyline GT-R $25,000 to $125,000
- **4)** 1991-2005 Acura NSX $30,000 to $50,000
- **5)** 1970-1973 Datsun 240Z $15,000 to $50,000

*Approximate value in American dollars for best-condition vehicles

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Horoscopes

♈ Aries
March 21 - April 20
You may be suspicious of someone's motives but don't go public about them just yet. There is a chance you are jumping at shadows. Do some checking before your talk.

♉ Taurus
April 21 - May 21
You will have a change of heart about someone you have not seen eye-to-eye with in recent weeks. Whatever your initial disagreement, it is clear the feud has gone on too long. Let bygones be bygones.

♊ Gemini
May 22 - June 21
You need to get the balance right between the time you spend working and having fun. The Sun's change of signs today warns you may have to focus more on work for a while .

♋ Cancer
June 22 - July 23
One of the best times of the year begins for you today and you are eager to get started. But don't throw yourself into something new without thinking about it. What is it you are most creative at? Do that.

♌ Leo
July 24 - Aug. 23
There may be some animosity between you and someone you have to deal with on a day-to-day basis but don't let it get out of hand. Remember that in the greater scheme of things, we all have a role to play.

♍ Virgo
Aug. 24 - Sept. 23
Keep your ideas to yourself for a few days. If your rivals get an inkling of what you're planning, they may try to beat you to it. You don't want to have to start before you're ready.

♎ Libra
Sept. 24 - Oct. 23
Try not to be offended if someone tells you how to run your life today. They only want to be helpful, even though as far as you are concerned they clearly don't know what they are talking about. Play nice.

♏ Scorpio
Oct. 24 - Nov. 22
What's done is done and cannot be undone, so put what happened yesterday and the day before out of your mind. The Sun moves into your sign today, making this the perfect time to begin anew.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main priority now must be to clear all the junk from your life. There's far too much of it. If it's not essential, get rid of it. The less you possess, the more you will accomplish.

♑ Capricorn
Dec. 22 - Jan. 20
Do you care what others think about you? You probably care too much and it's time to put their opinions out of your head and do only what pleases you.

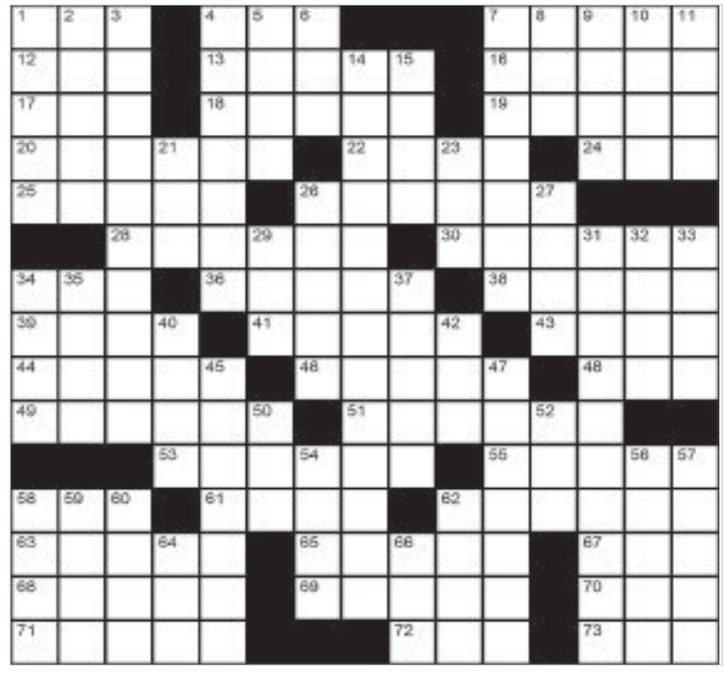
♒ Aquarius
Jan. 21 - Feb. 19
The Sun crosses the career angle of your chart today, so it won't be long before you are moving up in the world. First though there are tough decisions to be made. Who and what do you really want to be?

♓ Pisces
Feb. 20 - March 20
Planets indicate you're thinking of moving away from where you are now, maybe physically or mentally but certainly emotionally. The more you accept change, the more you'll be rewarded. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

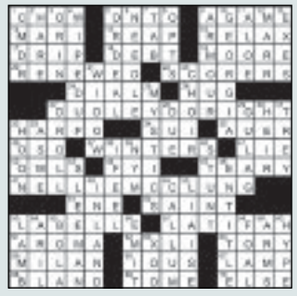
BY KELLY ANN BUCHANAN



Across
1. One __ _ time
4. Sea, in Sherbrooke
7. Was concerned
12. Void, in Montreal
13. Putting into service
16. Lecture from the podium
17. Caesar's 551
18. Sewing kit item
19. Take the top off
20. Elegant touch
22. Soup morsel
24. East: French
25. Ben Heppner's music
26. Pinnacle
28. Fireplace feature
30. Fancily attired
34. Type of antelope
36. Kind of roof
38. Boorish being in Jonathan Swift's novel Gulliver's Travels
39. Geological periods
41. Holy __
43. Yearn
44. Mountain lakes
46. Accountant's review
48. Rug of Scandinavia
49. Drove off the housefly
51. Sizzling
53. Scribe
55. Salts sort
58. SNL part, for short
61. Concept
62. Enchanted attraction
63. Oscar Peterson's instrument
65. Commence
67. Rock-__ (Classic jukebox company)
68. "Bon voyage!"
69. Luciano Pavarotti
70. "The Adventures of __ Tin Tin" ('50s TV series)
71. Is cheese, does this when heated
72. High card
73. Bryan Adams song: "The Best Was __ to Come"

Down
1. "Well... yes __ __." (Indecisive response)
2. Autumn-planted bulb
3. Canadian author born in Wingham, ON: 2 wds. (See #14-Down and #31-Down for more)
4. Ford sports car
5. Spot
6. Copacabana city
7. Shania Twain's music
8. Prince Valiant's son
9. Sprint
10. Flight schedule acronyms
11. Grocery area, for short
14. Swedish-given international honouree's title since 1901: 2 wds.
15. Hidden valley
21. Cenozoic, for one
23. Assistance
26. Something striped
27. Mend
29. Price-putting place
31. Literary work: 2 wds.
32. Big name in TVs
33. __ mat
34. Acquires
35. Old Testament sailor
37. Downy duck
40. Fairytaledom's Miss White
42. Pickle jar topper
45. Really not joking
47. Play-putting-on place
50. Fared
52. Ancient Roman harvest goddess
54. See if it works
56. "Kukla, Fran and __" (Classic puppet TV show)
57. Stood for something
58. Canned meat
59. Military assistant, __-de-camp
60. Pin the __ on the Donkey
62. Alligator-looking creature, commonly
64. Goalkeeper's guardee
66. Anecdotal collection (abbvr.)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	2	6	4	8	1	3	9	5
1	9	5	2	7	3	8	6	4
8	4	3	5	6	9	1	2	7
9	5	1	8	3	2	7	4	6
3	6	8	7	4	5	9	1	2
2	7	4	9	1	6	5	3	8
5	3	7	1	2	4	6	8	9
6	8	2	3	9	7	4	5	1
4	1	9	6	5	8	2	7	3

7				3			5	4
2	4		7				9	
		5	4		1	7		
		7		6		9	8	
5			3		9			1
	6	9		1		2		
		3	6		5	8		
	5				3		7	9
6	9			2				3

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